

Jollof Rice

Makes: 12 Servings

Ingredients

2 pounds cooked meat, cut into 1-inch cubes (use chicken, bacon, shrimp, or smoked pork)
1 tablespoon olive oil
1/2 cup onion, yellow (finely chopped)
1/2 cup green peppers (finely chopped)
1/2 teaspoon ground ginger (optional)
1 can whole tomatoes
2 cans tomato paste (6 ounces)
2 quarts water
1/2 teaspoon black pepper
1/2 teaspoon thyme
1 teaspoon crushed red pepper
2 cups white rice
2 1/2 cups chicken broth, reduced sodium
2 1/2 cups water

Directions

1. Sauté cooked meat in oil until slightly brown.
2. In a large kettle, sauté yellow onion, green pepper, and ginger in vegetable oil until onions are soft.
3. Add whole tomatoes and simmer for five minutes.
4. Add tomato paste, 2 quarts water, salt, black pepper, thyme, and red pepper.
5. Add cooked meat, simmer 20 minutes longer.
6. In a 2-quart saucepan, cook rice in 5 cups of chicken stock and water until tender.
7. Add salt and pepper to taste.
8. Pour the rice in a deep bowl and arrange the meat in the center.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	300	
Total Fat	4 g	6%
Protein	28 g	
Carbohydrates	37 g	12%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	460 mg	19%

Notes

Jollof Rice is a Liberian dish.

Chicken used in nutrition and cost calculations.

North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension Service. Recipe on p. 14.